

Student: _____

Instructor: _____

Asst. Instructor: _____

Milestones: SB, Stand & Sit	Level of support (date completed)				
	Full physical assist	Part physical assist	Verbal prompt	Visual cue	Independent
Skating/ walking with equipment					
Straight Glide					
Gets up after fall					
Straight Glide with slight direction change					
Turns to a stop in both directions					
Slide slipping					
Fixed Outriggers vs. Hand Held Outriggers (rotary vs. edging)					
Loads, unloads and rides chairlift/carpet safely					
Communication w/ Instructor					
Falling leaf					
Toe/heel traverse					
Speed control through turn shape to match terrain					
Links round turns in both directions					
Adjusts balance and stance to changing speed/terrain					
Carved turns					

WEEK 1

Goals & Objectives, Today's Conditions, Equipment Modifications:

WEEK 2

Goals & Objectives, Today's Conditions, Equipment Modifications:

WEEK 3

Goals & Objectives, Today's Conditions, Equipment Modifications:

WEEK 4

Goals & Objectives, Today's Conditions, Equipment Modifications:

WEEK 5

Goals & Objectives, Today's Conditions, Equipment Modifications:

WEEK 6

Goals & Objectives, Today's Conditions, Equipment Modifications:

WEEK 7

Goals & Objectives, Today's Conditions, Equipment Modifications:

WEEK 8

Goals & Objectives, Today's Conditions, Equipment Modifications: